

## ABSTRACT

A device for exercising and the associated method of using the device to exercise. The exercise device has a first handheld element on which is located a first surface. A second handheld element is also provided. A second opposing surface is located on the second handheld element. The first surface on the first handheld element can be aligned with the second opposing surface on the second handheld element when both the first handheld element and the second handheld element are positioned in a predetermined orientation. A biasing mechanism is provided between the first handheld element and the second handheld element. The biasing mechanism applies a force that opposes the positioning of the first handheld element and the second handheld element into the predetermined orientation.